CLAIMS

1. A muscular power increase device for perineum region comprising:

a pressure assembly 2 which presses the perineum muscle P of a sitter upwardly and makes the center of the perineum region pressed upwardly;

a first detection means 53 which is provided at the pressure assembly 2 and detects the force or the pressure that the pressure assembly 2 is pushed downwardly by the shrink force of the perineum muscle P while the user is shrinking the perineum muscle P;

a of the pressure head may be ascended or descended, and the angle of the pressure head may be adjusted corresponding to the ascending and descending means.

2. The perineum muscular power increase device of Claim 1, wherein a controller 50 is provided between the first display means 57 and the first detection means 53.

3. The perineum muscular power increase device of Claim 2, wherein a reset button 56 is connected to the controller 50 and the sitter may initialize the force data or the pressure data transmitted from the first detection means 53 by the reset button 56.

4. The perineum muscular power increase device of Claim 1, wherein the pressure assembly 2 comprises:

a pressure head 20 which presses the perineum muscle of the sitter upwardly;

and a lifting means 30 which is connected to the pressure head 20 and moves it upwardly and downwardly.

5. The perineum muscular power increase device of Claim

4, wherein the pressure head 20 is connected to the lifting means 30 at a hinge shaft and it may be rotated upwardly and downwardly, and an angle adjustment means 20a is provided between the pressure head 20 and the lifting means 30 so that the front end or the base end of the pressure head 20 may be ascended or descended, and the angle of the pressure head 20 may be adjusted corresponding to the lifting means 30.

6. A muscular power increase device for perineum region comprising:

a pressure assembly 2 which presses the perineum muscle P of a sitter upwardly and makes the center of the perineum region pressed upwardly;

a fluid chamber 60 which is provided at the pressure assembly 2 and is pressed downwardly by the shrink force of the perineum muscle P as the sitter shrinks the perineum muscle P;

and a second display part 71 which is connected to the fluid chamber 60 and displays the force or the pressure transmitted from the fluid chamber 60 visually.

7. The muscular power increase device for perineum region of Claim 6, wherein the second display part 71 is a fluid pressure implement 72 which displays visually the pressure of the fluid transmitted from the fluid chamber 60 through an indication needle 72a.

8. The device for increasing perineum muscular power of Claim 6, wherein a pressure sensor 71a and a controller 50 connected to the pressure sensor 71a are provided between the second display means 71 and the fluid chamber, and wherein the pressure sensor 71a detects the pressure of the fluid transmitted from the fluid chamber 60.

9. The device for increasing perineum muscular power of Claim 8, wherein a reset button 56 is connected to the controller 50 and the sitter may initialize the pressure data transmitted from the pressure sensor 71c by the reset button 56.

10. The device for increasing perineum muscular power of Claim 6, wherein the second display part 71 comprises :

a cylinder 70 which is connected to the fluid chamber 60 and the piston 73 of which may be pushed by the pressure of the fluid transmitted from the fluid chamber 60;

an elasticity means 75 which is provided in the cylinder 70 and pushes the piston 73 elastically toward the inflow direction of the fluid;

and an indication needle 77 which is connected to the piston 73 and moves forwardly and backwardly to display the force or the pressure applied to the pressure assembly 2 visually.

11. A muscular power increase device for perineum region comprising:

a pressure head 20 which presses the perineum muscle P of the sitter upwardly and makes the center of the perineum region pressed upwardly;

an elasticity means 28 which pushes the pressure head 20 upwardly;

a second detection means 53a which is provided under the pressure head 20 and detects the descending distance of the pressure head 20 or whether the pressure head 20 is contacted thereto by the shrink force of the perineum muscle P as the user shrinks the perineum muscle P;

a third display part 80 which is connected to the second detection means 53A and displays the detected data visually.

12. The perineum muscular power increase device of Claim 11, wherein a controller 50 is connected between the third display means 80 and the second detection means 53a

13. A muscular power increase device for perineum region comprising:

a pressure head 20 which presses the perineum muscle P of the sitter upwardly;

an ascending and descending means 30 which is connected to the pressure head 20 and moves it upwardly and downwardly;

an elasticity means 28 which pushes the ascending and descending means 30 upwardly;

a second detection means 53a which is provided under the ascending and descending means 30 and detects the descending distance of it or whether the ascending and descending means 30 is contacted thereto by the shrink force of the perineum muscle P as the user shrinks the perineum muscle P;

a third display part 80 which is connected to the second detection means 53a and displays the detected data visually.

14. The perineum muscular power increase device of Claim 11, wherein a controller 50 is connected between the third display means 80 and the second detection means 53a

15. A muscular power increase device for perineum region comprising:

a pressure assembly 2 which presses the perineum region of the sitter upwardly and makes the center of the perineum muscle P pressed upwardly;

an elasticity means 28 which pushes the pressure assembly 2 upwardly;

a forth display part 88 having an indication implement 85 which is connected to the pressure assembly 2 and is moved

together with the pressure assembly 2 to display the descending distance of the pressure assembly 2 visually as the sitter shrinks the perineum muscle P.

16. A According to a sixth aspect of the invention, there is provided with a perineum muscular power increase method comprising:

a step in which the sitter makes the perineum region pressed by the pressure assembly 2;

a step in which the sitter shrinks the pressed perineum muscles in order that the pressure assembly 2 be pushed toward the opposite direction of the pressing direction;

and the contraction for the perineum muscle may be done conveniently only if the sitter shrinks the position pressed by the pressure assembly 2 and makes the pressure head pushed toward the pressing direction.

17. The perineum muscular increase method of Claim 16 further comprising;

a step in which the force or the pressure pushing the pressure assembly 2, or the retreat of the pressure assembly 2 is detected while the sitter shrinks the perineum muscle P;

and a step in which the detected data is displayed visually.